

# LONGEVITY, RESILIENCE, AND THE POWER OF 5: A PHYSICIAN'S PROACTIVE PLAN FOR AGING

## THE CRISIS & THE CURE: A CALL TO PROACTIVE HEALTH

**The Challenge:** We are all getting older every day and over 90 million Baby Boomers and their families are facing complex transitions that threaten their physical and mental health, vitality, independence, and dignity. The overwhelming questions are:

*How do we ensure longevity and mental acuity?*

*Is there a preventative roadmap that secures dignity and independence as we age?*

**The Answer:** Incorporating Power of 5 Lifestyle and a Dignity Preservation Plan. Dr. Bernstein's multiple publications offer an overall strategy for healthy aging, maintaining youthfulness, dignity, and independence. Drawing on 40 years of geriatric experience, his work is grounded in geroscience, providing the blueprint for success at any stage of life. His insights reveal that it is never too early or too late to incorporate healthy lifestyles and major late-life transition (such as relocation) is a health event first, a logistical event second. Don't let a lack of planning lead to a preventable crisis.

## AUTHOR & EXPERT: DAVID BERNSTEIN, M.D.

### CREDENTIALS & EXPERTISE

- Board-Certified Geriatrician: 40 years of clinical experience, providing unique insight into patient patterns and long-term health outcomes.
- Academic Leadership: Associate Clinical Professor in the Department of Medicine at the University of South Florida College of Medicine.
- Hospital Authority: Served as Chairman of his hospital's Pharmacy and Therapeutic Committee for 20 years, focusing on patient safety and outcomes.
- Proven Bestseller Status: Author of Amazon Top 20 books:
  - *I've Got Some Good News and Some Bad News: You're OLD*
  - *The Power of 5: The Ultimate Formula for Longevity and Remaining Youthful*



### PHILOSOPHY & IMPACT

- Translating Clinical Wisdom: Dr. Bernstein translates complex clinical observations into actionable wisdom, providing audiences with a front-row seat to the challenges of aging.
- Empowerment Through Knowledge: His goal is to empower individuals and families to make rational, proactive choices about their health and secure their future dignity.
- Living the Principles: Dr. Bernstein's life—his civic activities, exercise, and writing—is a testament to the longevity principles he teaches.
- Key Audiences: Corporate HR, Retirement Organizations, Legal Firms, Real Estate Professionals, Healthcare Providers.



# HIGH-IMPACT SPEAKING TOPICS

Dr. Bernstein is available for Keynotes, Seminars, Lunch & Learns, and Podcast Interviews that deliver immediate, actionable value.

**1. The Power of 5 Formula: Secrets to Longevity**

Value: Decipher the five major, actionable determinants of health and youthfulness: Stress, Sex, Sweets, Sweat, and Sleep.

**2. Age GRACEfully: The Transformational Power of Intentional Living**

Value: A framework for maintaining purpose and health through the major pillars of life: Goals, Roots, Attitude, Companionship, and Environment.

**3. Building Resilience: A Clinical Approach to the Bottom Line**

Value: Explores 10 key elements—backed by geriatric evidence—that positively impact employee wellness, reduce burnout, and increase productivity in your organization.

**4. Gene Hackman & The Price of Dignity: What Wealth Can't Buy in Late-Life Care**

Value: Uses a high-profile cautionary tale to shock audiences into realizing a proactive plan is about preserving dignity and choice, not just about finances.

**5. The Hidden Health Crisis of Downsizing**

Value: Reveals the quantifiable risks of crisis moves, explaining why doctors treat relocation like major surgery, and gives actionable steps to mitigate Post-Relocation Syndrome.

**6. The 90 Million Move Crisis: Strategic Housing & Health Solutions**

Value: Addresses the immense Boomer demographic shift and provides the best options for strategic, health-conscious housing (including Universal Design) and community selection.

**7. The Heirloom Hurdle & Grief Work: When Your Kids Don't Want Your Treasures**

Value: Provides compassionate, practical advice for older adults and their children on handling sentimental possessions without creating family conflict or emotional paralysis.

